

MARSHALL'S ATA BLACK BELT TIMES

MARSHALL'S ATA MARTIAL ARTS
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Marshall's ATA
Back-to-School
Belt Testing

Marshall's Closed
for Labor Day
holiday Wnkd

Noon Class Cancelled
Mon Aug 15th

Texas Twister Tourna-
ment in Allen, Tx

Marshall's ATA Aug
Birthdays

Marshall's will be
closed for the Tourna-
ment at the Allen
Events Center on Sat,
Aug 6th.

Goodbye Mrs. Jan
Burwell.

Marshall's ATA Back-to-School Belt Testing

Marshall's ATA Back-to-School Belt Testing

It's time to put the finishing touches on those Forms, Sparring combinations, One-steps, Sparring, Self-defense techniques. etc. for the Marshall's ATA Back-to-School Belt Testing. The Testing will be held on Thursday Aug 18th for the Juniors/Adults & Friday Aug 19th for the Tiny Tigers. Both Testings will start at 5:15 to 6:30pm for the W, O, Y belts and 6:30 to 8:00 for the Camo & Up Color belts. Please come and be a part of it. *Junior students testing on Sep 19th (Meet the Teacher) will test as a group.*

Hand Foot Gear Purchase

We are nearing the end of the 'Perspective' training cycle & we are excited about the upcoming Fall training cycle. There will be changes to the current way that new students will be preparing for future Testings. We will begin to veer away from so much emphasis on memorization

to a more "Reality" based curriculum. I would like to roll out this new training concept beginning in the next cycle and fully implement it by the end of the year. To begin this process, I'm asking the Master Club students testing for their Orange & Yellow belts to begin purchasing their Sparring (Safety Gear) as soon as possible starting with the hand and foot gear. No need to wait until you've already tested for Camo. I would like to encourage those in the Black Belt Club to do so also. We will begin focus drills, bag work & (cardio) exercises and board breaking that will enhance our self-defense capabilities and environmental awareness sooner in our training experience.

Marshall's on Vacation

The Marshalls will be going vacation for a few days to attend an Annual Family Reunion on Thursday Aug 11th thru Tues Aug 16th. The school will remain open under the care of our staff instructors however, the Monday Aug 15th noon class will be cancelled. I know that you will

give them your complete support and attention.

Marshall's ATA Leadership Classes

The Marshall's ATA Leadership classes will be held on Aug 20th & 27th from 9:00 to 9:30am The theme for Aug is 'Perseverance & The Instructor Points. Leadership Team will please complete these sections in your manuals this month and be ready to answer questions on our theme for the month such as "What is meant by Set Point? and Why is a Floor Plan Necessary?"

Smstr Sustaire's Texas Twister Tournament

will be hosted this year at the Allen Events Center. Opening Ceremonies and Introductions are at 8:00am. Please come and support our competitors and wear only white or mostly white athletic footwear. Wear your white traditional ATA dobok. No shorts or jeans please.

Marshall's ATA Closed for Labor Day Weekend

Special points of interest:

- Marshall's ATA Back-to-School Belt Testing
- Marshall's Closed for Labor Day holiday Wnkd Sep 3rd & 5th. Enjoy the holiday
- Aug Birthdays
- Leadership Classes Sat Aug 20th & Aug 27th from 9:00 - 9:30am
- Marshalls on Vacation Noon Class Cancel'd Mon Aug 15th
- Marshall's ATA Closed Sat Aug 6th for Sustaire's Texas Twister Tournament.

Tournaments:

Allen, TX Smstr Sustaire Allen Event Ctr	Aug 5th & 6th
Mesquite, TX Mrs. Christy Jackson	Sep 23 & 24

Changes to 3 and 4 Year Old Tiny Tiger Testing Schedule

To enhance the Tiny Tiger training experience & facilitate more confidence in the capabilities of our youngest students, we have decided to make some changes to the program & testing interval for our 3 1/2 & 4 year olds. Tiny

Tigers currently perform half of their form with assistance, two sparring combinations and knowledge of their form. We would like to change the emphasis for 3's and 4's from so much memorization to focus more

on kinetic (motor skills), self-control, focus, classroom behavior, patience & sincere effort. They will perform only the basics from their form & two sparring combos. They will then test at 4 month intervals instead of the current 8 week cycle.



Goodbye to Mr. Christian Williams

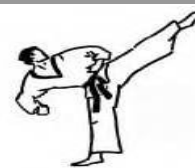
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'Christian Williams'; an 18 year old 2nd Degree joined Marshall's ATA back in 2006. He was a 'Special Abilities' student who overcame many obstacles due to his physical and mental handicap.

Mr. Christian Williams had a competitive spirit and competed in 5 Top 10 categories in the Special Abilities ring at 2011 World Champions where he won World Champion in Creative Weapons for the second year in a row (although last year he was the only competitor in that division) he proudly wears the red letters of a World Champion. He won 1st place with a rival competitor this year. He also won Texas State Champ Triple Crown two years in a row and achieved his 2nd Degree Black Belt and Level I Leadership Collar here with us at Marshalls.

After the competition, Christian's grandfather made the decision to terminate his training stating: *We have reached a decision to terminate Christian's training at Marshall's ATA effective immediately. We appreciate Mrs. Marshall's efforts and kindness in Christian's early training.* Wherever his journey takes him in this life, we would like him to know that we will be praying for his health and happiness. We thank you for allowing us the opportunity to train Christian over these several years. We wish you all the best in your future endeavors with Christian. *As a tree is hid in a seed so your future as a leader is not ahead of you, it's within you.* Farewell - The Marshalls



Protocol for Testing

Students must be on a program in order to be eligible to test. Students must wear their traditional white uniform. Any student who is at the testing but not participating is still expected to be wearing their complete uniform. Leadership students are expected to assist in whatever capacity necessary.

It's college football season! And the Marshall's will be flying to Bozeman Montana several times this season to watch their son Robert play for the Montana State University Bobcats. The first game of the season is Saturday Sep 10th . Leadership Team: Memorize the 10 Class Room Management Principles.

A special Tribute to Mrs. Jan Burwell (1948 - 2008) - A Word of Thanks.



2011 - The Year of Miracles, Signs & Wonders

Marshall's ATA will be Closed Saturday Aug 6th for the Allen, Tx Tournament.

Marshall's ATA Back-to-School Belt Testing Thur Aug 18th & Fri Aug 19th.

Marshall's ATA Mon Aug 15th Noon Class will be cancelled due to the Marshalls Vacation

Marshall's ATA 2011 Leadership Classes Sat Aug 20th & 27th. Theme is 'Perseverance & The Instructor Points'

Marshall's ATA will be Closed for the Labor Day holiday Saturday Sep 3rd and reopening Tuesday Sep 6th

Leadership Meeting on Wednesday evening Sept 7th from 7:30 to 8:00pm

Ms. Stephani Marshall and Mr. Michael Kaiser

Dr. Charles Kurtz

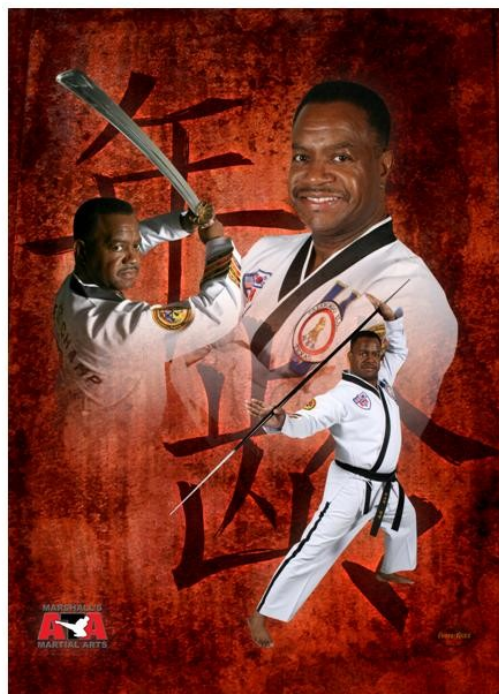
Congratulations to Ms. Stephani Marshall and Mr. Michael Kaiser. They have successfully completed their examination and are now welcomed by the ATA/STF/WTTU as Certified Instructors of Songahm Taekwondo. They may now wear the 1 inch Black Collar stripe reserved for Certified Instructors and will now be referred to as Sabumnim.

Dr. Charles Kurtz has successfully completed Level One of the Trainee Certification Program. He is now a Certified Trainer in the ATA/STF/WTTU (a Red/Black) collar. He is also the 2011 Texas State Champ in traditional Forms. Dr. Kurtz placed 3rd at Songahm World Championships this year in traditional weapons using the Oh Sung Do (Broad Sword).

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



Are you Being Harassed by Life?

When you are harassed, life is beating up on you. This assessment applies to the condition of humanity today. The same challenges and frustrations persist in every generation. The word harassed here means to be under the control or involuntary influence of external forces—to have no internal peace. Harassed means to be a victim of circumstances for which you have no resistance. Harassed people are trapped in a cycle of life, struggling to obtain the basics: food, clothing, and shelter.

Our contemporary society has not changed much. Even the economically privileged in most industrialized nations are harassed.

We might have even more stress as we “multitask” to keep up in our cyber-driven culture: responding to our Blackberry when we should be enjoying dinner with our families; checking our voicemail at home by calling on our cell phone from the beach, where we are supposed to be vacationing; using our laptops or tablets on the weekend to tap into the office computer to squeeze in more work on what is supposed to be our Sabbath. You rise early every morning, get stuck in the traffic, go to a job you hate and work twelve or more hours. This is doing something you really do not want to do and for which you earn less-than-fair wages. You cannot wait to get off work, only to become stuck in traffic again. At home, you eat an unhealthy carryout dinner in front of the depressing news of crime and sleazy politics, and then you watch a “reality show” that is not real. Finally, you take sleeping pills to get some rest. Too often, you climb into bed, lying back-to-back with your spouse because you are not speaking to each other, or you are so tired that just talking is an effort. Six hours later, you wake up still groggy and start all over again. You get through the day hyped up on overpriced, over caffeinated coffee. If you are lucky, you will work every year until you are 65 or 70, unless the company downsizes or moves overseas before then and

Leaves you or they replace you with a young person who has no experience but will work for less. You hope you will still have a pension fund, Social Security, and health insurance. That is not life. That is harassment—one form of it. We have professionals who pretend to be successful, happy, and fulfilled. They attract the six-figure salaries and drive the latest car. To get away from undesirable elements, they live in gated communities or penthouses. They take expensive vacations. At the same time, their family lives are shattered, marriages are wrecked, children are on drugs and birth control. The parents live a secret life of depression, fear, alcohol, or all of the above. They are harassed. Poverty, hunger, homelessness, lack of health care, and a host of other evils harass those less privileged. Helpless mean you lack the capacity to generate change. Helpless means you live under circumstances that imprison your hope and suffocate your will. This means you not only have problems, but you also cannot seem to do anything about them. Abraham Lincoln said, “People are as happy as they make up their mind to be.” *“Greatness is measured by how much of yourself you lose in service to the others.”*

Mr. Robert W. Marshall, Sr.

4th Degree Black Belt, Certified Instructor

Certified Personal Trainer, Cooper Institute



Goodbye to Mrs. Janet Leigh Burwell



A Word of Thanks

Some of you may remember Mrs. Jan Burwell and her daughter Jayne Kraus from their years training here with us at Marshall's ATA. Jan was a wonderful, intelligent, insightful, vivacious, and humorous woman who loved her family and loved training in the martial arts. She earned her Black Belt at the age of 61. I am so sorry that Mrs. Burwell passed away from Pancreatic cancer on around 4:00am Friday morning July 22nd. She sent us a wonderful email six months before her passing and I would love to share it with you along with my response to that wonderful letter.

<http://www.marshallsata.com/Winter09NL.pdf>

Mr. Burwell's Uniform and Black Belt Prominently displayed at her Funeral



From: jan.burwell@earthlink.net
 Subject: a word of thanks
 Date: Tue, 25 Jan 2011 11:11:39 0600
 CC: jan.burwell@earthlink.net
 To: cynthia_marshall@msn.com; robert.marshall1@verizon.net

Dear Mr. & Mrs. Marshall

I know it has been a long time since I have seen you and I hope this finds you having a successful and prosperous year. I wanted to contact you to let you know how valuable my experience at your school has been for me and to express my gratitude for enabling me to fight a personal battle. 2010 began badly and ended up

even worse. I was recently diagnosed with pancreatic cancer. I am currently taking chemotherapy and expect to have surgery soon followed by more chemo. Throughout all of the trials and tribulations that come along with this I have kept in mind the things I learned at your school. Every "word of the month", every bit of advice, every challenge I encountered learning the forms, every victory celebrated by earning a new belt has fortified me and enabled me to fight this battle. I thank you. As soon as I am fit again I hope to return to class, work my brain and my body, start again at the bottom and work my way back to the top.

With immense love and respect,
 > Jan Burwell

Date: Jan 29, 2011 3:39:34 PM

Hello Mrs. Burwell, It is so wonderful to hear from you our dear friend. I am so sorry to hear of your diagnosis of pancreatic cancer. I want you to know that we will be thinking of you and your family every moment and will be praying for your complete recovery. We have many people here who are strong in their faith and well acquainted with praying for healing and restoration. Please allow me to have them added to the many people who I know will be praying and hoping for your return to full health and strength. We love and miss you and please keep us informed of your progress. May God continue to bless you always and see you through this trying time.

Robert & Cynthia Marshall

Ms Stephani Marshall Certified Instructor



Mr. Michael Kaiser Certified Instructor



Dr. Charles Kurtz Certified Trainer



I would like to introduce our newly redesigned school patch. I would like to convey my sincere gratitude to Mr. Othell Hamilton for helping me to bring my vision of a school patch that is uniquely our own from a dream to reality. The transition to the new school patch has begun and I would like to see the CIT and Leadership Team eagerly adopt this new patch and replace your current adult patch as soon as possible. The first patch is free and all additional patches will be just \$5.00. Thank you.

